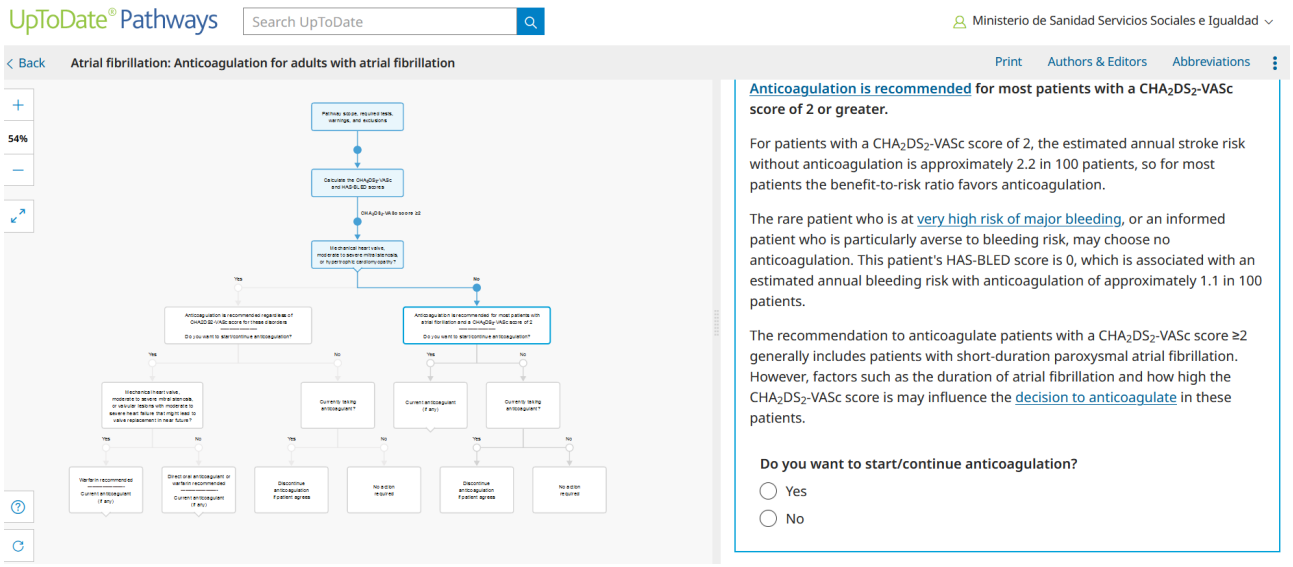
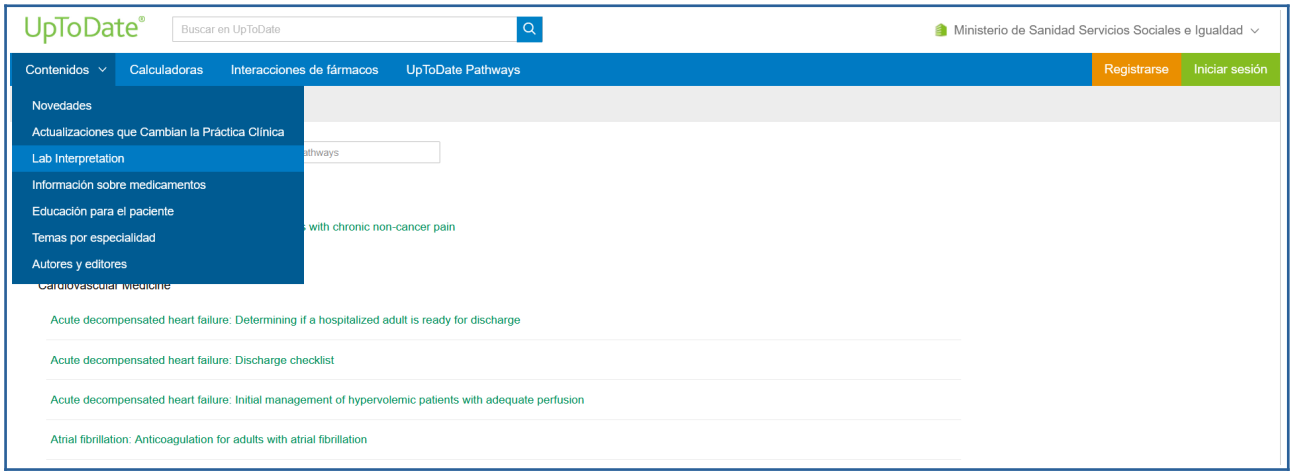
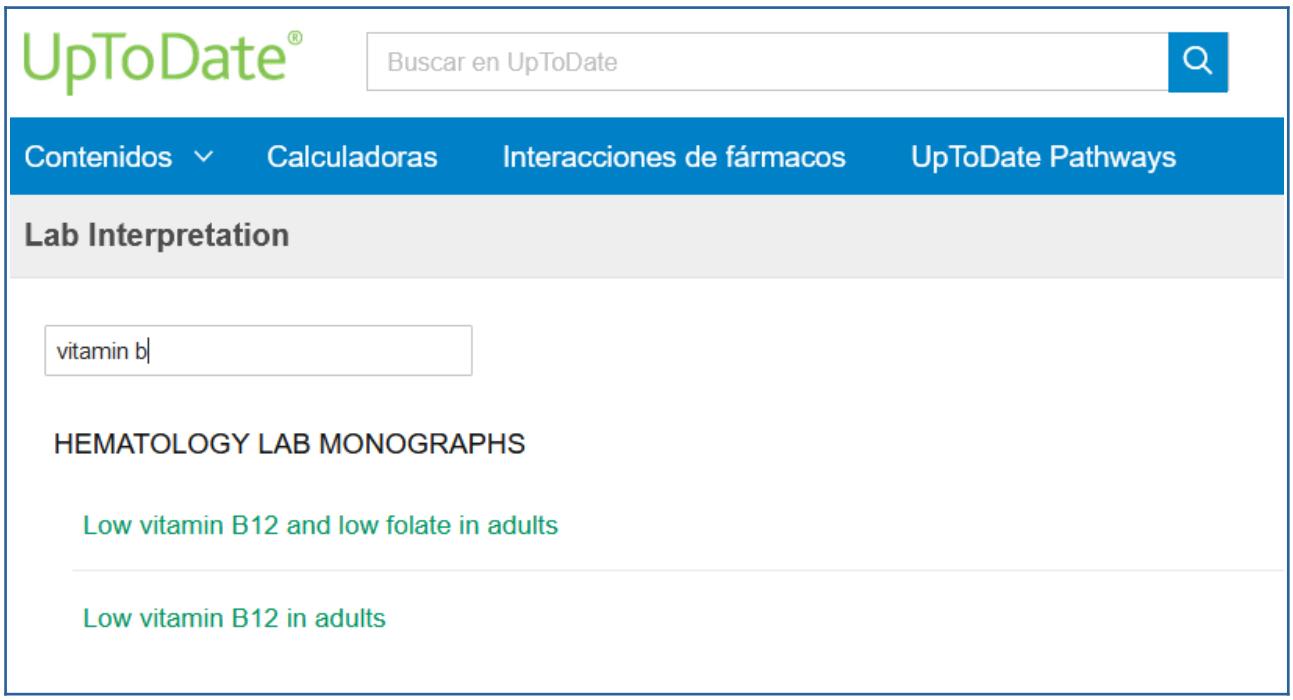
UpToDate® Advanced,- diseñado para ayudar a reducir la variabilidad de atención a los pacientes,- ha añadido dos nuevas herramientas disponibles con la suscripción a UpToDate Anywhere.

- **UpToDate® Pathways**: guías interactivas en forma de árboles de decisión, para ayudar a tomar decisiones apropiadas relacionadas con preguntas clínicas específicas.
Se pueden ver todas las rutas seleccionando "UpToDate Pathways" en la navegación superior. Hay que escoger el tema deseado y a través de una peguntas que se muestran en el lado derecho de la pantalla sobre el paciente y según sea la respuesta del clínico, el árbol de decisión irá marcando en azul el camino a seguir en el árbol de decisión.



- **Interpretación de laboratorio**: monografías para ayudar a interpretar resultados de laboratorio anormales y decidir los siguientes pasos.
Desde Contenidos, pinchamos sobre el menú de “LAB Interpretation”
Buscamos una pregunta / condición en el cuadro de búsqueda de UpToDate para encontrar rutas relevantes y monografías de laboratorio.

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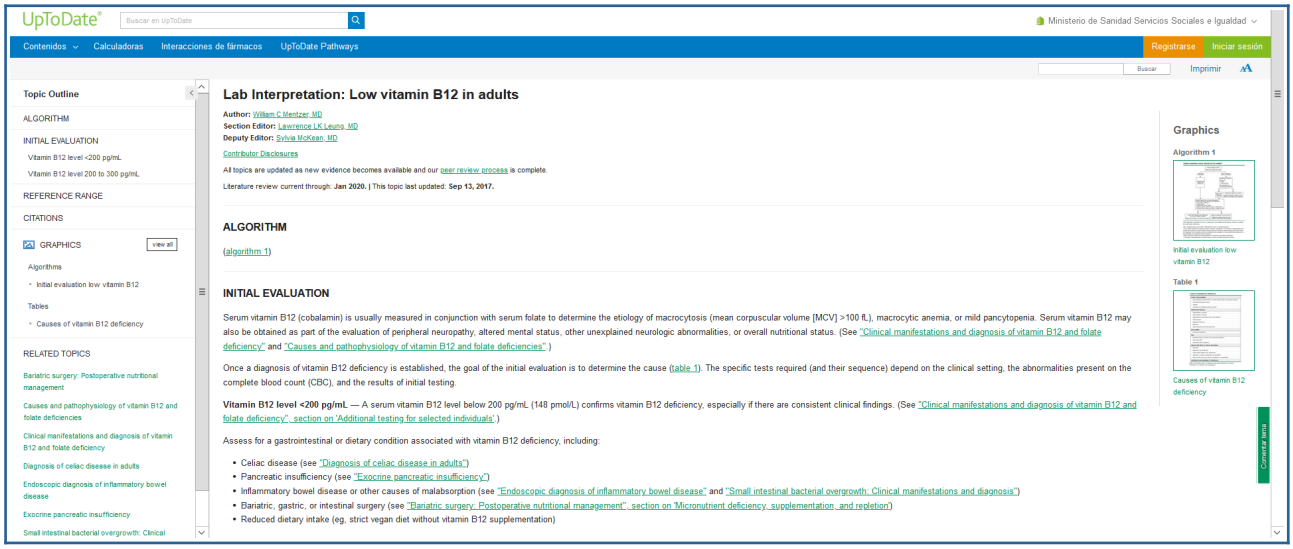
Contenidos
Calculadoras
Interacciones de fármacos
UpToDate Pathways
Lab Interpretation
vitamin b
HEMATOLOGY LAB MONOGRAPHS
Low vitamin B12 and low folate in adults
Low vitamin B12 in adults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Contenidos
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Interacciones de fármacos
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Registrarse
Iniciar sesión
Buscar
Imprimir
Topic Outline
ALGORITHM
INITIAL EVALUATION
Vitamin B12 level <200 pg/mL
Vitamin B12 level 200 to 300 pg/mL
REFERENCE RANGE
CITATIONS
GRAPHICS
view all
Algorithms
Initial evaluation low vitamin B12
Tables
Causes of vitamin B12 deficiency
RELATED TOPICS
Bariatric surgery: Postoperative nutritional management
Causes and pathophysiology of vitamin B12 and folate deficiencies
Clinical manifestations and diagnosis of vitamin B12 and folate deficiency
Diagnosis of celiac disease in adults
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Exocrine pancreatic insufficiency
Small intestinal bacterial overgrowth: Clinical
Lab Interpretation: Low vitamin B12 in adults
Author: William C Mentzer, MD
Section Editor: Lawrence LK Leung, MD
Deputy Editor: Sylvia McKean, MD
Contributor Disclosures
All topics are updated as new evidence becomes available and our peer review process is complete.
Literature review current through: Jan 2020. | This topic last updated: Sep 13, 2017.
ALGORITHM
(algorithm 1)
INITIAL EVALUATION
Serum vitamin B12 (cobalamin) is usually measured in conjunction with serum folate to determine the etiology of macrocytosis (mean corpuscular volume [MCV] >100 fL), macrocytic anemia, or mild pancytopenia. Serum vitamin B12 may also be obtained as part of the evaluation of peripheral neuropathy, altered mental status, other unexplained neurologic abnormalities, or overall nutritional status. (See "Clinical manifestations and diagnosis of vitamin B12 and folate deficiency" and "Causes and pathophysiology of vitamin B12 and folate deficiencies".)
Once a diagnosis of vitamin B12 deficiency is established, the goal of the initial evaluation is to determine the cause (table 1). The specific tests required (and their sequence) depend on the clinical setting, the abnormalities present on the complete blood count (CBC), and the results of initial testing.
Vitamin B12 level <200 pg/mL — A serum vitamin B12 level below 200 pg/mL (148 pmol/L) confirms vitamin B12 deficiency, especially if there are consistent clinical findings. (See "Clinical manifestations and diagnosis of vitamin B12 and folate deficiency", section on 'Additional testing for selected individuals'.)
Assess for a gastrointestinal or dietary condition associated with vitamin B12 deficiency, including:
Celiac disease (see "Diagnosis of celiac disease in adults")
Pancreatic insufficiency (see "Exocrine pancreatic insufficiency")
Inflammatory bowel disease or other causes of malabsorption (see "Endoscopic diagnosis of inflammatory bowel disease" and "Small intestinal bacterial overgrowth: Clinical manifestations and diagnosis")
Bariatric, gastric, or intestinal surgery (see "Bariatric surgery: Postoperative nutritional management", section on 'Micronutrient deficiency, supplementation, and repletion')
Reduced dietary intake (eg, strict vegan diet without vitamin B12 supplementation)
Graphics
Algorithm 1
Initial evaluation low vitamin B12
Table 1
Causes of vitamin B12 deficiency
Comentar idea